

Grilled chicken with pumpkin and tomato salad

Ingredients

- 1½ tablespoons (30 ml) salt reduced tamari or soy sauce (see tip)
- 1 garlic clove
- 2 cm piece ginger, peeled
- 1 small red chilli, de-seeded
- 2 teaspoons honey
- 2 tablespoons lime juice
- 1 tablespoon sesame oil
- 8 skinless chicken thigh fillets (approximately 900 g), trimmed of fat
- 1 tablespoon olive oil
- 400 g pumpkin, cut into 3 cm cubes
- 1 punnet cherry tomatoes (250 g), halved
- Olive oil spray
- 4 cups English spinach, washed
- 1 tablespoon balsamic vinegar
- Cracked black pepper, to season



Method

Preheat oven to 180 °C (160 °C fan-forced). Combine tamari, garlic, ginger, chilli, honey, lime juice and sesame oil in a blender until smooth. Pour marinade over chicken and set aside for 20 minutes, turning once.

Step 2

Drizzle oil over pumpkin and tomatoes in a small bowl and toss to coat. Transfer to a baking tray and bake in the oven for 25 minutes or until tender.

Step 3

Lightly spray a grill pan with oil and heat. Remove chicken from marinade (reserve marinade) and sear in pan for 3 to 4 minutes on each side. Transfer to oven, pour marinade back over chicken and cook for an additional 10 minutes.

Step 4

Remove vegetables from oven and toss through spinach.

Sprinkle veggies with balsamic vinegar, season with pepper and serve with chicken.

Quarterly Newsletter



Narromine Shire Family Health Centre Website.

narrominemedical.com.au

Welcome Dr Shane Breheny.

Born and raised in Melbourne Dr Breheny studied Podiatry in South Australia and worked in the industry for 3 years before returning to study Medicine. Dr Shane will complete his GP Specialist training early 2026.

Dr Shane enjoys playing basketball and most sports, gardening, travelling and spending time with his partner, son and friends.



Please be respectful in the surgery and turn your mobile phone to silent.

DO NOT answer or make calls and

DO NOT take Photos/videos whilst in the surgery

Surgery Hours

Monday-Friday

9am- 12:30pm

On the day appointments
Please phone from 8:45am on 6889 1622

Pre-booked appointments for referrals, prescriptions, medicals and work cover

2pm - 5pm

Saturdays

9.00am-11.30am

Acute only

DOCTORS

Dr Neil McCarthy

Dr Niro Wickramasinghe

Dr Allison Vincent

Dr Vicky Owen

Dr Kelly Bradley

Dr Ni Ni Zin

Dr Shane Breheny

PRACTICE MANAGER

Wendy Harding

RECEPTIONISTS

Miranda Kelly

Cathy Walsh

Fiona Walker

Brittney Gower

PRACTICE NURSES

Lauren Dawson

Allana Heckendorf

Courtney Baker



PATIENTS WITH RESPIRATORY LIKE ILLNESS E.G - COUGH, SORE THROAT, RUNNY NOSE, TEMPERATURE, HAYFEVER SYMPTOMS OR RASH MUST RETURN A NEGATIVE COVID TEST RESULT BEFORE ENTERING SURGERY



Chronic Disease Management

Here at NSFHC patients with a chronic condition are eligible for a care plan. The philosophy behind our plans are to deliver improved and more comprehensive health care to you. You will generally be asked to return every 3-6 months depending on your needs.

GP Management Plans are for any patient with a chronic condition.

This is defined as a condition likely to last, or having lasted, longer than 6 months. A GP Management Plan involves you, your GP and the practice nurse who with your consent and assistance, form a written plan of management outlining your care. Your medical, physical, psychological and social needs are all considered during the development of the plan.

Together you will decide:

- What your health care problems and needs are
- What results you would like to achieve through the plan

What, if any, other health care and community services you need

GP Management Plans can be prepared every twelve months, and are reviewed every 3-6 months.

A Team Care Arrangement is a plan that involves other health care providers or allied health workers. This may be done in addition to a GP Management Plan. In much the same way as a GP Management Plan, a Team Care Arrangement works to improve your health by identifying and targeting long-term health issues.

If you are eligible for a TCA, you should be eligible for some subsidised visits to Allied Health Professionals that would be beneficial to your overall health and wellbeing.

Accreditation results are in

We would like to take this opportunity to thank everyone who filled in our patients' surveys in November 2024.

Our overall results from our previous survey in 2001 showed a marked improvement in all areas but excelling in professionalism, privacy, ability to listen, respect and satisfaction.

We have also discussed the areas of concerns and how we can continue to improve our vision to provide care of the highest standard to the community.

1. Telehealth access
2. Appointment wait times, GP 's running late and seeing GP's of your choice.
3. Interaction with reception staff, patient communication.

Our strategies to improve these will be, Improving communications with patients and education in Triage.

Update our website to inform patients and look at social media.

Audit on telecommunications and see how we can improve our phone systems and procedures.



SERVICES WE PROVIDE

General Consultations	Minor Surgery & Wound Repair	Childhood Immunisations
Cervical Screening & Breast Checks	Pregnancy Tests & Antenatal Care	Family Planning
Skin Checks	Moles & Skin Cancer Removal	Weight Control
Diabetes Management	Insurance/Drivers Licence Medicals	Pre Employment Medical
Travel Medicine/Vaccination	Mental Health Plans	ATSI Health Assessments
40-49 Year Old Health Assessments	75+ Year Old Health Assessments	Medication Reviews
Chronic Disease Management		